



Alton Cycling Club

Club Handbook



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Officials – 2021

President:	Ray Wood
Chairman:	Guy Henshaw
General Secretary:	Dave Telford
Treasurer:	Jonathan Grassi
Racing Secretary:	Iain Cotton
Publicity Secretary:	Becci May
Welfare Officer:	Ruth Stratford
Committee Member(s):	
Club website:	www.altoncyclingclub.org
Web Master:	Andy Watson

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1. Introduction

Organised Cycling in Alton

Most cycling clubs experience times of good membership and high activity and then periods when they become dormant, and almost disappear. Then a few enthusiasts get together and bring the club back to life. As you will see, organized cycling in Alton has followed this path.

The Hampshire Advertiser dated 25th May, 1878, records that a meeting was held in Alton Town Hall “for the purpose of forming a bicycle club”. It seems that there was a good attendance, with more than a dozen people joining the Alton Bicycle club. A Mr Lelleit was elected captain and it was decided the uniform would be grey with a distinguishing monogram, A.B.C. The club headquarters would be at the Swan Hotel.

The Hampshire Telegraph on 16th October 1878 reported that the Alton Bicycle Club ran a race between the Golden Pot and Alton, with the winner, Mr E Elliot, getting a medal as well as the first prize. In September 1879, the Hampshire Advertiser reported that the club organised a ten mile race on an out-and-back course, starting from the railway bridge at the Butts.

We know that the club was very active in the 1930's, from the records kept by Ron Stent, who joined the club in 1934 and is father-in-law of current member, Shaun Blow. Ron was to become the club 25 TT champion five times between 1937 and 1947. Another active member at this time was Bob Ransome, who for many years ran a cycle shop in the town.

Around 1957/58, the club slipped into a period of hibernation, only to spring back to life in 1978. Some Alton-based members of the Farnham RC, including Peter and Dorothy Walters, Ron Stent, Eddy Stevens and Les Brill, had a meeting in Dave McLellan's house, and decided it was time to breathe life back in to Alton Cycling Club. By the early 80's, membership numbered more than 60. At this time, Ray and Di Wood were very involved in promoting both social and racing activities. Di was out Ladies BAR champion for three years running from 1980 through to '82. Ray is now our club president. Dave McLellan, now a life member, was on the committee for more than 20 consecutive years.

Recent times have seen our club prosper in terms of membership, racing performances and organised club rides. Our distinctive club jerseys, which promote both our club and sponsor, are well known at cycling events across the south of England and further afield.

There is more detailed information under archives section on the club website.

The Club

Membership spans all ages and genres of cycling activities including social ones as well! Whether you want to race in time trials or on the road to emulate your heroes past and present, or simply to enjoy cycling socially with likeminded individuals taking in the beautiful countryside of the locality, Alton Cycling Club provides an excellent environment with a wealth of experience from its members.

If you are new to cycling you will find it a rewarding and healthy pastime both physically and mentally. Where you join in with group cycling you will gain both confidence and bike handling skills be they on the road, track or off road. Group rides have an added benefit of coffee and pub stops – the rule of thumb here is the further you ride, the less you have to worry about how much you enjoy the stops!

Alton CC is very pleased to be sponsored by five local organisations.

Clear Signal - Creating and energising business brands for the digital, print and social landscape - Brand. Identity. Web. Print. Social. Search. Video. Fresh ideas from a creative agency that doesn't specialise in the obvious.

Everyone Active Alton - Our mission is to encourage everyone we come into contact with to participate in at least 30 minutes of moderate physical activity, either in one of our centres or via online training, five times per week.

Hi-Tech Heating - Since 1983 we have been supplying and maintaining oil and gas central heating systems and plumbing solutions to individual homes, landlords, offices and churches throughout Surrey and Hampshire

Owens Cycles - Owens Cycles is an independent cycle dealership and bicycle repairer for all types of cycles. Owens Cycles is based in Petersfield.

Triple fff Brewery - Brewing all styles of real ale since 1997 in Hampshire. We brew the Camra Supreme Champion Beer of Britain, Alton's Pride along with Moondance, Pressed Rat & Warthog and Citra Sonic.

The next section gives a taste of the Clubs activities with some “rogues gallery” pictures of said activities taking place. Enjoy your membership.



2. Club Activities

Racing

Racing takes a number of formats which have been listed below:

Time trials

This is primarily a single rider against the clock over a set distance although some team events exist with up to 4 riders in a single team. Riders (teams) are set off at set intervals of time, typically one minute, and are given a time on completing the course. Courses can vary from flat to hilly (sometimes known as sporting courses).

Alton Cycling Club promotes both Club and Open events over varying distances; membership of the club allows you to enter events run by other clubs as the Alton Cycling Club is affiliated to the CTT (UK body for time trialing).

For the newer rider, time trialing is an excellent way to measure your fitness against others on a week to week basis although the wearing of colourful “Pointy” hats is not a necessity! The club has a number of trophy competitions for varying distances and combinations, the detail of which can be found in sections 3, 4 and 5. Details of the club events can be found on the website or by contacting the Racing secretary who also has details of all CTT open events in the UK.



Road racing

This is what you see in Le Tour de France, a “massed” start race where all riders start at once and pit their wits against each other on the road to get over the line first and win the race. Larger events sometimes span several days with separate competitions within them for sprints, climbs or points gained.

Alton Cycling Club is affiliated to British Cycling (UK body for road racing). Contact the Racing Secretary for details of events.



For those over 40 years of age the League of Veteran Racing Cyclists (LVRC) also promote countrywide road races with separate events for age groups 40-44, 45-49, 50-54 etc. right up to the over 75's!

Track sessions

Throughout the winter months Alton Cycling Club hires the indoor velodrome at Calshot Activities centre where track sessions are run with a qualified coach. This is open to any member and is an excellent form of training in the dry! The club also runs a friendly competition for the participants by way of the "Track Champion" cup which is presented at the Club dinner.

As we use a third party venue with hire of track cycles there is a cost per session attended which varies depending upon the numbers going (generally the more that go along, the cheaper it gets!). Full details can be found on the website of by contacting the Racing Secretary. This activity is very much dependent upon sufficient take up to ensure the session cost is economically viable when split across the participants (you would find it boring and expensive riding around on your own!)



Group riding - Sunday Club runs

We have three ride groups to suit varying abilities: a club ride, a mid-paced and a fast group. No riders are dropped or left behind on any ride. Our club rides average between 13 to 15mph, depending upon terrain and cover 45 to 50 miles. The mid-paced and fast rides both cover about 50 miles with average speeds of about 15mph and 18mph respectively.

Rides usually leave from The Butts, Alton at 09.00. There is a coffee stop at around 10:30am at the mid-point of the ride. The rides usually finish at a pub close to Alton a between 12:30pm and 1:00pm

The club ride is a mixture of experienced riders and those who are new to cycling. The aim of the club ride is to promote both the etiquette and the advantages of group riding. During the summer months rides may occasionally be longer than 45 to 50 miles. Club rides may not always go to the mid / fast group café but there will always be a coffee stop!



There are 20 mile summer evening rides on club nights at a slower pace. These start from the Butts at 6:30pm and return by 8:00pm.

No one gets left behind and all comers are welcome, the medium paced ride is the best starting point and a very good base ride to establish fitness and stamina.

Note: Where we have very large numbers (in the summer when it's dry, hot and sunny.....) the runs can be split into additional groups to ensure we travel in manageable numbers. Each group must have a nominated leader to... (see below)

Typically where a group exceeds 12 riders it is safer to split up a bit to avoid any potentially unsafe overtaking manoeuvres being made by impatient motorists.

Any club member can lead a run and we encourage members to do so (its good fun when you know what “treats” you have in store for the rest of the group... 😊), all we ask is that you have a route and are aware of the group with you (pace, how many and who started off with you etc) in order that no one is lost along the way.

Saturdays – Cycling UK Alton

Cycling UK Alton rides go from the Alton Community centre at 1.30 (12 noon during the winter) usually for 25-30 miles at a relaxed pace. These rides are excellent for newcomers as an introduction to group riding at an easy pace.

On the first Saturday of each month, there is a faster paced ride in addition to the regular ride.



Enjoying Group Rides

We all look forward to our weekends and for us cyclists an important part of our Saturday's or Sunday's (sometimes both!) is our club ride. However riding in a group does require some skills so that we are not a danger to ourselves or other members of the group.

Points that we all should bear in mind:

- The ride leader is responsible for choosing the route and ensuring that everyone completes the ride. Please note that Sunday rides normally finish at a Pub. The ride home from the Pub is not part of the leaders ride.
- The ride leader should ensure that any newcomers are aware of both verbal and hand warning signals.
- The ride leader should ensure that a parental consent form is completed for any under 16's joining the ride.
- Front of group riders should set a pace that everyone in the group can maintain.
- Front of group riders should change frequently so that the workload is shared.
- On very steep hills it is sometimes better for riders to climb at their own pace with a regrouping after the ascent.
- All riders should carry a spare inner tube, tyre levers, and puncture repair materials. It can also be useful to carry a multi-purpose tool.
- All riders should carry means of identification and emergency contact details.
- The ride leader should make certain that no one is left behind without ensuring that they can complete the ride or get back home on their own.

- With regard to Insurance, particularly Third Party, and after one or two introductory rides, new members are strongly advised to take out membership of either (or both) British Cycling or Cycling UK. These organisations provide individuals with personal insurance when cycling either individually or within a group. The club is insured as an organisation to promote and conduct activities but this does not extend to individuals hence the strong recommendation.

Off Road Rides

When it gets a bit slippery or members feel like doing something different, Off Road Rides are arranged and much fun is had at slower speeds!

Keep an eye on the Alton CC website, especially the Twitter feed as this is a very good way to see if something has been arranged at short notice (because snow is more fun off road....).



(Phew..... that was a bit of a climb..... how much further to coffee?)

3. Club Competitions

a) Open Competitions - Any Event

SHORT DISTANCE B.A.R. - to the individual with the highest average speed over 2 x 10miles and 2 x 25miles.

LONG DISTANCE B.A.R. - to the individual with the highest average speed in any events over the distances of 50miles and 100miles.

EUREKA TROPHY- SHORT DISTANCE VETS B.A.R. - to the individual over 40 years of age with the highest average speed, on standard, over the distances of 2 x 10miles, 2 x 25miles and 1 x 50miles.

VETERANS B.A.R. - to the individual over 40 years old with the highest average speed, on standard over 25miles, 50miles and 100miles.

LADIES B.A.R. - fastest average speed over 2 x 10miles and 1 x 25miles in any event.

JUNIOR B.A.R. - to the junior with the highest average speed over 2 x 10miles and 1 x 25miles in any event.

VETERANS 10 - MILE CUP - to the individual over 40 years old with the fastest ride in any event.

50- MILE CUP - fastest ride in any event.

100-MILE CUP - fastest ride in any event.

12HOUR CUP - fastest ride in any event.

b) Club Competitions - Club Events

CLUB EVENTS CHAMPION (Men) - The individual with the highest average speed in club events over the distances of 5 x 10miles and 1 x 25miles (if no club 25 mile events then any 25 mile event).

CLUB EVENTS CHAMPION (Ladies) - The individual with the highest average speed in club events over the distances of 5 x 10miles and 1 x 25miles (if no club 25 mile events then any 25 mile event).

TEN MILE LEAGUE CUP (open to Men and Ladies) – Rider’s handicap is based on their fastest ride on the H10/8 course over the last 3years.

All club evening events qualify, except club championships and events over 10miles.

Points awarded will be calculated against the number of club riders competing in that event, i.e. 5 riders = 5 points to the rider with lowest net time, down to 1 point for fifth place rider.

Any rider recording a Personal Best (PB) will have their handicap time amended for future events.

10-MILE CHAMPIONSHIP (Men) - fastest rider in the nominated club event.

10-MILE CHAMPIONSHIP (Ladies) - fastest rider in the nominated club event.

25-MILE CHAMPIONSHIP (Men) - fastest rider in the nominated club event (if no club 25 mile events then any 25 mile event).

25-MILE CHAMPIONSHIP (Ladies) - fastest rider in the nominated club event (if no club 25 mile events then any 25 mile event).

HILL CLIMB CUP (Men) - to the fastest rider in the club hill climb.

HILL CLIMB CUP (Ladies) - to the fastest rider in the club hill climb.

ROAD RACE CHAMPION (Men) - for riders in open road race competition, decided on a points basis as per British Cycling placing.

ROAD RACE CHAMPION (Ladies) - for riders in open road race competition, decided on a points basis as per British Cycling placing.

TRACK CHAMPIONSHIP - to the rider with the highest points total in the nominated events.

STRAVA SEGMENT CHAMPIONSHIP (age handicap Men) - to the rider with the highest points total in the nominated Strava segments adjusted in accordance with age handicap

STRAVA SEGMENT CHAMPIONSHIP (age handicap Ladies) - to the rider with the highest points total in the nominated Strava segments adjusted in accordance with age handicap

STRAVA SEGMENT CHAMPIONSHIP (KOM) (Men) - to the rider with the highest points total in the nominated Strava climbs

STRAVA SEGMENT CHAMPIONSHIP (QOM) (Ladies) - to the rider with the highest points total in the nominated Strava climbs

4. Past Award Winners

SHORT DISTANCE B.A.R.

Year	Winner	Speed
1979	R Sears	25.933 mph
1980	R Sears	25.255 mph
1981	R Sears	26.013 mph
1982	A Walters	25.954 mph
1983	A Walters	26.726 mph
1984	P Stroud	25.694 mph
1985	R Scott	24.532 mph
1986	P Stroud	24.526 mph
1987	R Eason	24.978 mph
1988	R Eason	24.211 mph
1989	R Eason	24.718 mph
1990	I Cargill	26.688 mph
1991	I Cargill	28.294 mph
1992	I Cargill	28.462 mph
1993	I Cargill	27.511 mph
1994	C Birch	26.173 mph
1995	C Birch	27.350 mph
1996	C Birch	27.159 mph
1997	C Birch	27.639 mph
1998	C Birch	28.902 mph
1999	D Birch	25.257 mph
2000	C Brown	25.021 mph
2001	C Bather	22.156 mph
2002	C Bather	22.476 mph
2003	D Birch	23.070 mph
2004	N/C	
2005	S Blow	25.430 mph
2006	S Blow	25.210 mph
2007	S Blow	25.300 mph
2008	S Blow	24.560 mph
2009	A Bell	25.970 mph
2010	A Bell	25.327 mph
2011	A Bell	26.714 mph
2012	P Bowley	26.893 mph
2013	R Froud	28.478 mph
2014	R Froud	28.563 mph
2015	R Froud	28.873 mph
2016	S Blow	25.290 mph
2017	I Cotton	25.380 mph
2018	P Christensen	27.100 mph
2019	P Christensen	27.815 mph
2020	N/C	

LONG DISTANCE B.A.R.

Year	Winner	Speed
1979	R Sears	23.223 mph
1980	A Walters	22.657 mph
1981	A Walters	22.903 mph
1982	A Walters	23.738 mph
1983	A Walters	24.120 mph
1984	E Stevens	20.188 mph
1985	N/C	
1986	E Stevens	20.363 mph
1987	S Willis	20.034 mph
1988	P Galpin	20.308 mph
1989	S Willis	20.437 mph
1990	S Willis	20.237 mph
1991	A Walters	24.075 mph
1992	A Major	21.907 mph
1993	A Major	22.367 mph
1994	N/C	
1995	N/C	
1996	B Fletcher	21.813 mph
1997	N/C	
1998	N/C	
1999	N/C	
2000	C Brown	21.419 mph
2001	to 2012 N/C	
2013	K Munt	19.857 mph
2014	R Froud	24.689 mph
2015	R Froud	26.211 mph
2016	to 2018 N/C	
2019	P Christensen	23.779 mph
2020	N/C	

EUREKA TROPHY- SHORT DISTANCE VETS B.A.R.

Year	Winner	Speed
1984	R Wood	+3.576 mph
1985	L Watkins	+3.01 mph
1986	L Watkins	+3.238 mph
1987	R Eason	+1.88 mph
1988	J Maule	+2.098 mph
1989	N/C	
1990	N/C	
1991	N/C	
1992	J Cargill	+0.960 mph
1993	D Birch	+4.24 mph
1994	D Birch	+4.694 mph
1995	N/C	
1996	L Brill	+2.72 mph
1997	L Brill	+2.66 mph
1998	D Birch	+5.36 mph
1999	D Birch	+5.506 mph
2000	D Birch	+ 5.038 mph
2001	C Bather	22.156 mph
2002	C Bather	22.476 mph
2003	D Birch	23.07 mph
2004	to 2011 N/C	
2012	P Jones	+1.269 mph
2013	R Froud	+7.501 mph
2014	R Froud	+7.595 mph
2015	R Froud	+14.728 mph
2016	S Newton	23.06 mph
2017	N/C	
2018	I Cotton	24.342 mph
2019	N/C	
2020	N/C	

LADIES B.A.R.

Year	Winner	Speed
1980	D Wood	23.613 mph
1981	D Wood	24.146 mph
1982	D Wood	24.450 mph
1983	J Scott	24.539 mph
1984	J Scott	24.542 mph
1985	J Scott	24.037 mph
1986	N/C	
1987	J Scott	22.470 mph
1988	N/C	
1989	J Scott	23.642 mph
1990	J Scott	24.435 mph
1991	J Scott	24.850 mph
1992	J Scott	24.792 mph
1993	J Scott	23.840 mph
1994	J Scott	21.179 mph
1995	N/C	
1996	B Fletcher	24.004 mph
1997	N/C	
1998	N/C	
1999	N/C	
2000	C Bather	21.578 mph
2001	C Bather	22.491 mph
2002	C Bather	23.15 mph
2003	C Bather	22.110 mph
2004	to 2013 N/C	
2014	F Bostock	21.507 mph
2015	to 2020 N/C	

JUNIOR B.A.R.

Year	Winner	Speed
2013	J Freeman	23.449 mph
2014	J Freeman	27.162 mph
2015	J Freeman	28.082 mph
2016	N/C to 2020	

VETERANS 10 - MILE CUP

In memory of P.H. (Michael Wallis)

Year	Winner	Time
1994	D Birch	
1995	D Birch	
1996	L Brill	
1997	J McGill	
1998	D Birch	
2012	S Ritchie	21-41
2013	R Froud	20-39
2014	R Froud	20-24
2015	R Froud	20-16
2016	R Froud	21-11
2017	R Froud	21-41
2018	I Cotton	23:27
2019	I Cotton	22:09
2020	I Cotton	22:32

50 - MILE CUP

Year	Winner	Time
1979	R Sears	1.54-33
1980	A Elliott	1.59-58
1981	A Elliott	1.58-38
1982	A Walters	1.58-31
1983	A Walters	1.50-30
1984	P Stroud	2.00-05
1985	R Scott	2.08-42
1986	L Watkins	2.09-42
1987	R Eason	2.06-32
1988	R Eason	2.10-43
1989	R Eason	2.07-04
1990	I Cargill	2.03-35
1991	I Cargill	1.52-05
1992	I Cargill	1.52-05
1993	I Cargill	1.55-38
1994	D Birch	2.01-10
1995	C Birch	1.54-25
1996	C Birch	1.58-48
1997	C Birch	1.55-54
1998	C Birch	1.56-05
1999	P McReynolds	2.06-55
2000	C Brown	2.04-50
2001	C Bather	2.24-09
2002	C Bather	2.21-56
2003	D Birch	2.10-56
2004	N/C	
2005	D Birch	2.11-52
2006	N/C	
2007	K Stevens	2.20-10
2008	N/C to 2011	
2012	P Jones	2.12-21
2013	R Froud	1.52-56
2014	R Froud	1.52.52
2015	R Froud	1.45.07
2016	R Froud	1.57.25
2017	N/C	
2018	I Cotton	2:08:27
2019	P Christensen	1:56:44
2020	N/C	

100 - MILE CUP

Year	Winner	Time
1979	R Sears	4.20-02
1980	A Elliott	4.28-38
1981	A Elliott	4.21-37
1982	A Walters	4.06-43
1983	A Walters	4.09-25
1984	P Stroud	4.16-08
1985	L Watkins	4.45-32
1986	S Willis	4.49-43
1987	R Eason	4.33-51
1988	P Galpin	4.52-52
1989	S Willis	4.55-11
1990	I Cargill	4.24-04
1991	A Walters	4.07-33
1992	I Cargill	4.10-11
1993	A Major	4.25-48
1994	A Major	4.23-55
1995	N/C	
1996	B Fletcher	4.56-30
1997	to 1999 N/C	
2000	C Brown	4.39-55
2001	to 2005 N/C	
2006	K Stevens	4.45-32
2007	to 2012 N/C	
2013	K Munt	5.00-06
2014	R Froud	4.12-01
2015	R Froud	4.11.13
2016	to 2018 N/C	
2019	P Christensen	
2020	N/C	

12 HOUR CUP

Year	Winner	Distance
2013	K Munt	203.96 miles
2014	to 2019 N/C	
2020	P Christensen	218.53 miles

CLUB EVENTS CHAMPION

Year	Winner	Speed
1980	A Elliott	23.279 mph
1981	R Wood	22.625 mph
1982	A Walters	24.644 mph
1983	A Walters	24.575 mph
1984	J Maule	21.717 mph
1985	N/C	
1986	S Willis	20.806 mph
1987	N/C	
1988	P Galpin	22.179 mph
1989	S Willis	21.590 mph
1990	N/C	
1991	A Walters	24.967 mph
1992	to 1995 N/C	
1996	B Fletcher	22.121 mph
1997	S Willis	24.244 mph
1998	C Birch	28.693 mph
1999	D Birch	25.222 mph
2000	C Brown	24.850 mph
2001	C Bather	22.020 mph
2002	C Bather	22.209 mph
2003	N/C	
2004	N/C	
2005	S Blow	25.54 mph
2006	S Blow	25.36 mph
2007	S Blow	25.67 mph
2008	S Blow	25.09 mph
2009	A Bell	26.06 mph
2010	A Bell	26.41 mph
2011	A Bell	27.06 mph
2012	S Ritchie	26.226 mph
2013	R Froud	27.950 mph
2014	R Froud	28.246 mph
2015	R Froud	28.873 mph
2016	S Blow	24.89 mph
2017	I Cotton	25.820 mph
2018	P Christensen	27.616 mph
2019	P Christensen	28.815 mph
2020	N/C	

TEN MILE LEAGUE CUP

Year	Winner	Time / Points
2002	D Birch	24-08
2003	D Birch	23-34
2004	M Thomas	22-42
2005	S Blow	15 pts
2006	S Bennett	21 pts
2007	S Blow	32 pts
2008	S Blow	21 pts
2009	S Blow	25 pts
2010	A Bell	27 pts
2011	A Bell	34 pts
2012	P Jones	42 pts
2013	L Boxall	64 pts
2014	O Williams	75 pts
2015	S Newton	71 pts
2016	C Williams	36 pts
2017	I Cotton	41 pts
2018	C Williams	39 pts
2019	R Ditcham	47 pts
2020		

10 - MILE CHAMPIONSHIP

Year	Winner	Time
2005	S Blow	23:49
2006	S Blow	23:32
2007	S Blow	24:06
2008	P Bowley	22:37
2009	A Bell	23:13
2010	A Bell	22:40
2011	A Bell	21:43
2012	P Bowley	21:46
2013	R Froud	21:28
2014	R Froud	20:49
2015	R Froud	20:56
2016	S Blow	23:31
2017	R Froud	21:46
2018	P Christensen	21:17
2019	P Christensen (men)	21:21
	F Halliday (women)	29:14
2020	R Ditcham	22:32

25 - MILE CHAMPIONSHIP

Year	Winner	Time
1936	V Newman	1.07-50
1937	R Stent	1.05-03
1938	R Stent	1.03-30
1939	R Stent	1.06-43
1940	N/C	
1941	L A Brown	1.09-46
1942	R Stent	1.06-24
1943	R Holcombe	1.07-21
1944	E Leighs	1.12-03
1945	E Leighs	1.09.53
1946	R Holcombe	1.08-50
1947	R Stent	1.05-32
1948	W Matthews	1.11-48
1949	G Trimming	1.03-47
1950	G Trimming	1.07-34
1951	G Trimming	1.00-52
1952	G Trimming	1.04-03
1953	G Trimming	1.03-57
1954	to 1978 N/C	
1979	R Sears	56-59
1980	R Sears	56-44
1981	R Sears	56-26
1982	A Walters	55-43
1983	A Walters	55-24
1984	A Walters	56-12
1985	R Wood	59-17
1986	R Wood	59-51
1987	R Eason	1.00-03
1988	J McGill	1.01-17
1989	R Eason	59-24
1990	I Cargill	56-42
1991	I Cargill	52-32
1992	I Cargill	53-15
1993	I Cargill	54-24
1994	D Birch	58-24
1995	C Birch	55-48
1996	C Birch	55-30
1997	C Birch	54-19
1998	C Birch	51-11
1999	N/C	
2000	P Mc Reynolds	58-10
2001	D Birch	1.00-48
2002	K Stevens	1.08-09
2003	K Stevens	1.07-08
2004	S Blow	

25 - MILE CHAMPIONSHIP

Year	Winner	Time
2005	S Blow	1.01:52
2006	S Blow	1.00:05
2007	S Blow	1.00:28
2008	S Blow	1.00:32
2009	A Bell	1.02:17
2010	A Bell	58:03
2011	A Bell	57:52
2012	P Bowley	58:13
2013	R Froud	57:29
2014	R Froud	54:27
2015	R Froud	54:27
2016	S Blow	54:03
2017	R Froud	56:17
2018	P Christensen	56:14
2019	P Christensen	55:24
2020	P Christensen	56:37

HILL CLIMB CUP Men	Year	Winner	Time
Hartley Mauditt	1981	D Wood	2.59.8
Hartley Mauditt	1982	R Eason	3.01.2
Hartley Mauditt	1983	R Tookey	2.48.3
Hartley Mauditt	1984	S Hamilton	Missing
Hartley Mauditt	1985	S Hamilton	Missing
Hartley Mauditt	1986	S Willis	3.13.97
Hartley Mauditt	1987	B Dance	2.51.64
Hartley Mauditt	1988	W Eason	2.53.09
Hartley Mauditt	1989	I Cargill	2.41.61
Hartley Mauditt	1990	M Thomas	2.56.39
Hartley Mauditt	1991	I Cargill	2.30.27
Hartley Mauditt	1992	I Cargill	2.43.20
Hartley Mauditt	1993	C Birch	2.47
Hartley Mauditt	1994	C Birch	2.43
Hartley Mauditt	1995	C Birch	2.37
Brightstone Lane	1996	A Shapiro	3.36
Brightstone Lane	1997	N Mitchell	3.20.0
Brightstone Lane	1998	C Birch	3.43
Brightstone Lane	1999	N Mitchell	3.28.4
Brightstone Lane	2000	N Mitchell	3.00.0
Brightstone Lane	2001	K Millar	3.24
Brightstone Lane	2002	C Brown	3.58
Brightstone Lane	2003	S Blow	3.35
Brightstone Lane	2004	D Jacob	3.22
Brightstone Lane	2005	A Crimin	3.18
Brightstone Lane	2006	D Montgomerie	3.19
Brightstone Lane	2007	D Montgomerie	3.29
Brightstone Lane	2008	D Montgomerie	3.34
Brightstone Lane	2009	S Blow	3.45
Brightstone Lane	2010	D Montgomerie	3.44.8
Brightstone Lane	2011	D Montgomerie	3.40.7
Brightstone Lane	2012	O Pattinson	3.20.8
Brightstone Lane	2013	S Ritchie	3.27.9
Brightstone Lane	2014	O Pattinson	3.16.9
Brightstone Lane	2015	O Williams	3.10.7
Brightstone Lane	2016	C Williams	4.11.3
Brightstone Lane	2017	H Kuperus	3.39.9
Brightstone Lane	2018	P Christensen	3.14.7
Brightstone Lane	2019	Matt Lusby-Taylor	2.58.9
Brightstone Lane	2020	Matt Lusby-Taylor	2.59.8

HILL CLIMB CUP
Ladies

	Year	Winner	Time
Brightstone Lane	2017	R Stratford	4.56.4
Brightstone Lane	2018	F Halliday	4.47.0
Brightstone Lane	2019	F Halliday	4.58.9
Brightstone Lane	2020	A Weryk	5.00.9

TRACK CHAMPIONSHIP

Year	Winner	Points
2005	M Hayward	26 pts
2006	M Hayward	25 pts
2007	M Hayward	20 pts
2008	M Rogers	19 pts
2009	M Rogers	
2010	N/C	
2011	M Hayward	12 pts
2012	S Ritchie	18 pts
2013	N/C	
2014	N/C	
2015	N/C	
2016	C Clarke	
2017	C Clarke / I Cotton	34 pts
2018		
2019	I Cotton	51 pts
2020	N/C	

ROLLER OMNIUM TROPHY

Year	Winner
2011	Stuart Ritchie
2012	Stuart Ritchie
2013	Rick Froud

**GEORGE MAY TROPHY Open 10 &
Hilly Handicap**

Year	Winner	Time
2019	R Ditcham	1hr:09.33

Strava Segment Championship - Men

Year	Winner	Points
2017		
2018	G Henshaw / P Christensen	81 pts
2019	S Blow	84 pts
2020	J Grassi	87 pts

Strava Segment Championship - Ladies

Year	Winner	Points
2017		
2018	F Halliday	45 pts
2019	F Halliday	72pts
2020	A Weryk	76 pts

Strava Segment KOM Championship - Men

Year	Winner	Points
2017		
2018	G Henshaw / P Christensen	81 pts
2019	S Blow	84 pts
2020	J Grassi	87 pts

Strava Segment KOM Championship - Ladies

Year	Winner	Points
2017		
2018	F Halliday	45 pts
2019	F Halliday	72pts
2020	A Weryk	76 pts

ROAD RACE CHAMPION

Year	Winner	Points
1980	D Wood	
1981	D Wood	27 pts
1982	D Wood	36 pts
1983	N/C	
1984	S Hamilton	15 pts
1985	M Treacher	12 Pts
1986	P Bowley	5 pts
1987	P Bowley	6 pts
1988	P Bowley	12 pts
1989	S Legg	44 pts
1990	S Legg	34 pts
1991	N/C	
1992	N/C	
1993	P McReynolds	3 pts
1994	P McReynolds	10 pts
1995	C Birch	30 pts
1996	P McReynolds	10 pts
1997	A Shapiro	18 pts
1998	P McReynolds	83 pts
1999	P McReynolds	248 pts
2000	P McReynolds	252 pts
2001	N/C	
2002	N/C	
2003	N/C	
2004	N/C	
2005	D Montgomerie	38 pts
2006	D Montgomerie	34 pts
2007	D Montgomerie	12 pts
2008	D Montgomerie/A Watson	4 pts/4pts
2009	A Watson	3 pts
2010	N/C	
2011	N/C	
2012	G Henshaw	1 pt
2013	N/C	
2014	J Freeman	14 pts
2015	J FREeman	
2016	N/C	
2017	N/C	
2018	N/C	
2019		

5. Club Records

Time Trial	Men		Women	
10 miles	Chris Birch	19:43	Jacqui Scott	24:02:00
20 miles 2-up TTT	I Cargill/M Thomas	39:40		
25 miles	Chris Birch	51:11:00	Jacqui Scott	01:00:34
30 miles	Ian Cargill	01:09:02	Di Wood	01:17:37
50 miles	Andy Walters	01:50:30	Jacqui Scott	02:07:03
100 miles	Andy Walters	04:07:33	Jacqui Scott	04:37:10
12 hours	Andy Walters	261.74 miles		
24 hours	Andy Mayor	444.00 miles		
Hill Climb - Hartley Mauditt	Ian Cargill	02:30:27		
Hill Climb - Brightstone Lane	Matt Lusby-Taylor	02:58:90		

Time Trial	Junior		Juvenile	
10 miles	Jack Freeman	21:13	Jack Freeman	21:13
25 miles	Chris Birch	55:48:00	Jack Freeman	57:08

Time Trial	Team	Total Time
10 miles	P. Bowley, S. Ritchie, P. Jones	01:06:00
25 miles	I. Cargill, M. Thomas, P. Bowley	02:55:53
30 miles	A. Elliott, R. Sears, A. Walters	03:36:49
50 miles	A. Elliott, R. Sears, A. Walters	05:57:20
100 miles	A. Elliott, A. Walters, D. Wood	13:32:08

Time Trial - Best All

Rounder	Member	Av. Speed
Mens Short Distance BAR	C Birch	28.902 mph
Mens Long Distance BAR	R Froud	26.211 mph
Vets Short Distance BAR	R Froud (2014)	+7.595 mph
Vets Long Distance BAR	R Froud (2014)	24.689 mph
Womens BAR	J Scott (1991)	24.850 mph
Junior BAR	J Freeman (2014)	27.162 mph

6. Club Constitution & Rules

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1. NAME

This club shall be named the ALTON CYCLING CLUB. Subject to any sponsorship agreement between the club and sponsor(s) the name of such sponsor(s) may be appended to the club's name for the duration of the sponsorship.

2. CLUB COLOURS

These will be orange, black and white

3. OBJECTIVES

The objectives of the club are to:

- I. Promote all forms of organised cycling activities;
- II. Generally encourage cycling as a recreation and sport;
- III. Help each other to attain these aims.

4. AFFILIATIONS

- a) The clubs affiliation to cycling / sporting bodies shall be decided annually.
- b) The British Cycling individual membership is payable directly by the member.

5. OFFICE OF PRESIDENT

Nominations for President – an honorary post – must be submitted to the Committee and appear on the agenda for the Annual General Meeting.

6. MEMBERSHIP

A. GENERAL RULES

Membership of the club is open to both sexes, with a minimum age of 11 years. Application for membership must be proposed and seconded by existing members, and the election rests with the Executive Committee. All members are advised to take out adequate Third Party Insurance Cover (In practice this usually means a current British Cycling or Cycling UK affiliation). The liability of all members in respect of the club is laid down by law for Associations, Clubs and Bodies Unincorporated.

B. MEMBERSHIP CATEGORIES

Full Membership

This is defined as “First Claim membership” and is the ONLY category that carries entitlement to:

- i. Full participation in all the Club's activities;
- ii. Call for and vote at Annual and Special General Meetings;
- iii. Move, propose or second any resolution at such a meeting;
- iv. Be nominated for and to hold any official position in the club or any other body approved by the Annual General Meeting.

Second Claim Membership

First Claim members of a different club are entitled to join the ALTON CYCLING CLUB as Second Claim members, and may ride in Club and Association events but are not eligible for awards.

Associate Membership

Supporters of the Club can be nominated for Associate membership. Such nominations give entitlement to all club social activities and the right to attend – but not vote – at Annual General and Special General Meetings. The nominees cannot partake of non-social club facilities as a right and in particular race in events under the Club's name.

Honorary Membership

- i. Is granted to the President of the Club;
- ii. Is granted to members of the Club's Executive Committee for the period of their service;
- iii. For life (i.e. Life Membership) may be awarded to an individual in recognition of services rendered to the club over a period of years. It can only be awarded by Annual General Meeting. Nominees must first be submitted for approval by the Executive Committee;
- iv. Club affiliation fees are waived for all honorary members (any donations received *in lieu* of affiliation fees shall be duly recorded by the treasurer)

7. SUBSCRIPTIONS

- a) Schoolboy/girl members (under 16yrs):
 - I. On attaining the age of 16 years before the 30th of June of any year, shall pay subscriptions at the junior rate.
 - II. If attaining the age of 16 years after the 30th June shall pay subscriptions at the schoolboy/girl rate for that year.
- b) Junior members (16 to 18 yrs):
 - I. On attaining the age of 18 years before the 30th of June of any year, shall pay subscriptions at the Senior rate for that year;
 - II. If attaining the age of 18 years after the 30th June shall pay subscriptions at the Junior rate for that year.
- c) In the event of members joining after the 31st October in any year the appropriate rate of subscription payable shall include the following year.
- d) Subscriptions are due on the 1st of November and must be paid by the date of the Club Annual General Meeting to ensure voting rights (where applicable).

- e) The rate of subscriptions shall be determined annually by the Committee, subject to ratification at the Annual General Meeting.
- f) Any club member in arrears shall, at the discretion of the Committee, cease to be a member.

8. EXECUTIVE COMMITTEE

- a) The Executive Committee shall consist up to seven officers including:
 - I. Chairman
 - II. General Secretary
 - III. Treasurer
 - IV. Racing secretary
 - V. Publicity Secretary (optional)
 - VI. One or two non-executive committee members co-opted by the committee (optional)
- b) The Executive Committee shall be elected annually at the General Meeting.
- c) The maximum time one individual may hold a particular office will usually be three consecutive years. In exceptional circumstances this period may be extended to a maximum of five years, subject to the approval of both the incumbents and the General Meeting.
- d) Committee meeting shall have a quorum of three.
- e) The Executive Committee shall be empowered to:
 - I. Enter into and agree leases, deeds, agreements and other transactions undertaken on the Club's behalf;
 - II. Open and work Bank, Post Office or Building Society accounts in the name of the Club;
 - III. Deal with all club businesses and any matters arising not provided for in the rules.
- f) The Honorary Chairman, General Secretary and Treasurer shall jointly be empowered to:
 - sign deeds, documents or papers on behalf of the Committee, and to sign and endorse, cheques, drafts and warrants of any description. Their joint signatures shall be binding on the Club.

9. CLUB FINANCIAL YEAR

The club financial year shall commence on the first of November and end on the 31st October, after which date the Treasurer shall prepare the Balance Sheet and subsidiary accounts. These shall be assessed by an independent assessor elected at the previous Annual General Meeting.

10. ANNUAL GENERAL MEETING

- a) The AGM shall be held at the earliest convenient time after the start of the new financial year on 1st November. Three weeks' notice shall be given of the meeting. Items for the Agenda shall be sent to the General Secretary at least fourteen days before the meeting. The Agenda shall be sent to members at least seven days prior to the meeting. Independently assessed accounts shall be available to members at the AGM.
- b) The quorum for the Annual General Meeting shall be seven full members.

11. SPECIAL (EXTRAORDINARY) GENERAL MEETING

- a) An Extraordinary General Meeting may be called by the Executive Committee or General Secretary upon receipt of a request signed by seven full members, subject to at least three weeks' notice being given to members. The Agenda shall be sent to members at least seven days prior to the meeting.
- b) The quorum for a Special General Meeting shall be seven full members.

12. ALTERATIONS TO RULES

No alteration or addition to these rules shall be made except with the consent of two-thirds of the full members present at the Annual General Meeting or Special General Meeting. Such alteration/addition shall appear on the Agenda of the Annual General or Special General Meeting.

13. RACING

- a) The Racing Secretary shall be responsible for the coordinating/organising and running of all Club events, Standard or Record attempts and the club's participation in Road, Circuit or Track events respectively.
- b) Members – excepting Associates – shall be eligible for entry to Club events, Association and Open events (excepting 2nd claim members) under the Club's name as soon as their membership has been passed by the Committee and providing they have paid the applicable year's subscription.
- c) First Claim membership of any former club must be rescinded before a member can race as a full member of the Club.
- d) The Rules and Regulations governing all Time Trial, Track, Road Race, Circuit, Cyclocross or other event shall be those currently encompassed by the appropriate governing body (e.g. CTT, BC etc.) together with any regulations that the Committee consider appropriate.
Liability rests with the members for knowledge and observance of these rules. Any breach of such rules may lead to disqualification or suspension.
- e) All club events shall be timed by one or more duly appointed timekeepers.

14. TROPHIES & AWARDS

- a) Club perpetual trophies remain the property of the Club and must be returned to the Racing Secretary by the end of the calendar year.
- b) Trophy holders are responsible for the safe custody and condition of trophies while in their keeping and must make good any damage or loss.
- c) Trophy holders will receive a Medal or Commemorative Plaque upon receiving any trophy.
- d) Except with the express permission of the Donor (unless not obtainable from the Donor or next of kin) and with the approval of the Annual General Meeting, trophies donated to the club cannot be allocated to any event other than that for which they have been donated.

15. RECORD BREAKERS MEDAL

- a) A Certificate or Medal will be awarded to any member breaking a club record, whether in Club, Association or Open competition or in a special Record Time Trial. Applications to set up place to place records shall first be submitted to the Executive Committee for approval.
- b) Claims for Club records over the standard CTT distances or times must be submitted to the Executive Committee, via the Racing Secretary, prior to the AGM.
- c) All record claims must be supported by the official event result sheet or some other form of acceptable evidence.

16. CLUB RUNS

- a) All runs conducted under the auspices of the club will be conducted with due regard for other road users, all Road Regulations and shall be advised by the current edition of the Highway Code.
- b) The club will accept no responsibility for loss or damage – however incurred – to the person or property of individuals taking part in club runs.

17. CLUB DISSOLUTION

A motion to dissolve the club or to merge with another club, if not initiated by the Committee must be advised in writing to the General Secretary and supported by six ordinary members. The General Secretary will convene a General Meeting within 28 days and notices convening the meeting shall be sent to all members at least 14 days before the meeting. The notice should carry details of the motion(s). In order to be carried a motion to merge with another club, must be agreed by at least 50% of the Club membership. A motion to dissolve the club must be agreed by at least 75% of the Club membership. Postal voting in each of these circumstances will be permitted, if agreed by the Committee prior to notification of the meeting.

In the event of dissolution of the club the following procedures will be followed;

Equipment

Equipment items belonging to individuals will be returned to them. The costs of relocating the equipment to another venue in this eventuality will not be borne by the club. Any equipment belonging to the club itself will be gifted to another sports organisation on the decision of the committee. Only in the event where equipment cannot be disposed of in this way, will it be sold.

Bank Account

The Bank Account will be closed after the full and final payments by creditors and to debtors and copies of the final accounts made available to all members of the club.

Remaining Monies

Any remaining monies will be gifted to a charity of the committee's choice.